



THE | SAGE

January/February 2023

Connecting Lexington residents age 60+ to information, programs, and services.

HUMAN SERVICES STAFF

Mon-Fri, 8:30 a.m. - 4:30 p.m.
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lexingtonma.gov/humanservices

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TRANSPORTATION
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HOME DELIVERED MEALS
888-222-6171

Director's Corner:

It's been a time of transition here in Human Services with much excitement for staff! Recently Hemali Shah moved into the Town Manager's office to take on the Chief Equity Officer role. We are so excited that we get to keep Hemali in Town and can't wait to see the work that she does in that role. Additionally, Mel Novner has just returned, after the birth of their baby Juniper! Please congratulate Mel when you see them around the office!

Our Youth & Family Services role has been vacant for a few months. Admittedly, we have been spoiled by having a strong and long-tenured group of staff members! But because we are so strong, we've proven that we can weather the transitions a bit easier. I'm excited to announce our new Youth & Family Services Manager, Penny Tsiounis! Penny is a Licensed Certified Social Worker with experience in mental health counseling. She brings an energy and excitement to the role that is unmatched. Please join me in welcoming her to the team!



Finally, please join me in congratulating Michelle Kelleher, who was just promoted into the role of Senior Services Director! Michelle has spent more than 6 years in Human Services, first as Transportation Assistant and most recently as Senior Services Program Coordinator. Michelle is an asset to our team and we are excited to have her grow with us!

Melissa Interest

Martin Luther King Day (MLK) Help for Seniors Need help with projects around your home?

This is a volunteer opportunity for one to three Lexington teens to help you with small, odd jobs. Suitable projects include, by way of example: changing smoke detector batteries or hard to reach light bulbs, boxing up books or other giveaway items, raking leaves, shoveling snow from walkways, etc. Follow the instructions below to request help for up to 60 minutes of work between 2:00 and 4:00 p.m. on MLK Day, Monday, January 16, 2023. Please note: you provide the materials (batteries, light bulbs, etc.) and the teens will provide the labor. Please specify if the project requires any special work tools (rakes, snow shovels, etc.) that you do not have for the volunteers to use.



**To SIGN UP scan the QR code with your smartphone camera
and it will lead you to the registration website**

lexingtonma.gov/seniors or call 781-698-4851.



**Human Services sign-up begins December 14 for residents/December 21
for nonresidents at 781-698-4840 or online at LexRecMa.com**

Sign-Up Programs at the Community Center

Sign-up begins December 14 for residents/December 21 for nonresidents
at 781-698-4840 or online at LexRecMa.com

Expressive Art: Envision 2023

Monday, January 9, 10:00 - 11:45 a.m.

Set goals and create a vision board for 2023 using collage! In this workshop you will create goals for the year ahead. **One participant per household.**



Initiating the Caregiver Conversation - Virtual

Wednesday, January 11, 7:00 - 8:30 p.m.

Join Julie Norstrand, an eldercare consultant, as she shares ideas about preparing for caregiving. This webinar is for people who are starting to notice their loved ones experiencing age-related physical or cognitive deterioration that they may need to address as future caregivers.

Music History w/John Clark - Virtual

Tuesday, January 17, 10:30 - 11:30 a.m.

Join John Clark as he presents on the life and career of Stephen Foster, one of the best loved and most familiar songwriters in American history.

Chinese New Year Celebration/Lunch - \$5

Thursday, January 19, 12:00 - 2:00 p.m.

Join us for Chinese food and live entertainment.

Sponsored by the FCOA.



Nutrition Talk: NASH (Non-alcoholic Steatohepatitis) and Diet, Friday, January 20, 11:00 a.m. - Noon

Come learn what it means to have the condition called NASH and what type of diet is recommended for the treatment of this condition.

Art for Mental Health Series

Tuesdays, January 24, 31 & February 7, 1:00 - 2:00 p.m.

Do you want to improve your mental health and become more socially engaged in 2023? Come meet new people at this limited time offering of art therapy which has been proven to help reduce feelings of depression, stress, and anxiety in all age groups. Lauren will guide you through different forms of art while discussing skills that can improve your mental health. **(Attendance for all dates is recommended.)**



One-on-One w/Dale Tamburro

Tuesday, January 24, 9:30, 10:30, 11:30 a.m.

Free one-on-one consultations with Attorney Dale J. Tamburro to discuss your elder law and estate planning needs.

Cooking with Anastasia: "Fasolada" - Virtual

Friday, January 27, 11:00 a.m. - Noon

Dr. Anastasia Galanopoulos will prepare a favorite staple of the Mediterranean: classic, nutrient-dense, Greek bean soup.

Health and Wellness Series (10 weeks)

Thursdays, February 2 - April 6, 1:00 - 2:00 pm.

In collaboration with Regis College Occupational Therapy program, join us for a series of programs led by Masters of Science in Occupational Therapy students.



The first 2 classes will be instructed by Lisa Marie Rankin, she will guide us through some meditation and yoga, then students Erin and Carrie will lead this series utilizing their Level I Fieldwork Placement in Group Dynamics coursework and will touch upon therapeutic services to promote health, well-being, and improve quality of life.

Dale Tamburro - Estate Planning

Tuesday, February 7, 1:00 - 2:00 p.m.

Have you delayed your estate planning? Dale will help you understand some important concepts to help you make decisions and steps for you to take.

Expressive Art: Dabble w/Cake Decorating

Monday, February 13, 10:00 - 11:45 a.m.

In this workshop you'll learn a few cake decorating techniques. Just in time for Valentine's Day!



February Italian Lunch - \$5

Tuesday, February 14, 12:00 - 1:00 p.m.

Enjoy chicken cutlet, pasta, salad and dessert.

Sponsored by the FCOA.

Nutrition Talk: Meal Planning for the Older Adult

Friday, February 17, 11:00 a.m. - Noon

Come learn about how meal planning can be made easier when cooking for one or 2 people.

Girl Scout Troop #70117 - Historical Presentation

Wednesday, February 22, 1:15 - 2:30 p.m.

Celebrate 111 years of Girl Scouts! Enjoy a sampling of Girl Scout cookies, coffee, tea, movie and audience discussion.



Cooking with Anastasia: "Mydopilafo" - Virtual

Friday, February 24, 11:00 a.m. - Noon

Join Dr. Anastasia Galanopoulos for this classic seafood dish that can be eaten hot or cold. Mussels and rice pair beautifully, with my own health twist added.

Intuitive Eating Support Group

January 13, 1:00 p.m., February 10, 1:00 - 2:00 p.m.

Sharpen your intuitive eating skills to make better life style changes around food and physical activity. Email bcollins@lexingtonma.gov to join.

Senior Services hours are Monday - Friday, 8:30 a.m. - 4:30 p.m.

OWLL'S Winter Programs - on Zoom

All winter programs are on Zoom.

Wonders of New England Wildlife with Bill Gette; **4 Tuesdays, Jan 10, 17, Feb 21, 28, 4:00-5:15 p.m.**

In two of his presentations, Bill takes us on a tour of Cape Ann to the Merrimack River; and Machias Seal Island and Eastern Maine. Two other sessions focus on birds: the winter raptors and the ducks of New England.



Judeophobia - The Ancient Origins of Antisemitism with Steven Stark-Riemer; **6 Tuesdays, Jan 10, 17, 24, 31, Feb 7, 14, 10:00-11:30 a.m.**

Were the Jews historically one of many minorities, or were they singled out? We'll consider the question from the first recorded demonstration of anti-Jewish violence in Egypt in 410 BCE, to the 380 CE declaration of Christianity as the official religion of the Roman Empire.

Deep Diving into the Fictional World of A. S. Byatt with Gillian Gill; **6 Wednesdays, Feb 1, 8, 15, 22, Mar 1, 8, 10:00 a.m.-noon**

The late 20th century was a golden age for British women writers, and A. S. Byatt was one of the greatest. We will read two of her novels, including *Possession*, and two of her short story collections. Anyone who is passionate about 19th-century Britain and especially the work of George Eliot and the Brontës will find A. S. Byatt a "must read."

Portraits of an Artist's Brain: Finding the Vietnam War and Parkinson's Disease in the Art and Neurology of David Thomas with David Thomas, Johanna Branson, and David Rose; **3 Fridays, February 10, 17, 24, 10:30 a.m.-noon**

Three presenters—an art historian, a neuropsychologist, and the artist himself—will explore the roots of creativity and recovery in the art of David Thomas, whose striking images—both creative and neurological—reflect his history as a Vietnam vet and as a Parkinson's patient.

\$25 for residents, \$50 for nonresidents.

Sign-up begins December 14 for residents/December 21 for nonresidents at 781-698-4840 or online at LexRecMa.com. For more information, call Human Services at 781-698-4840. Find detailed course and instructor information on our website at <https://friendsofthecoast.org>.

Fix-It Shop

Your local hub for small household repairs!
Open Tuesday, Wednesday & Thursday.
9:00 a.m. - 12:00 p.m.
Accepting repairs by appointment only.
Please call 781-698-4866 or 781-698-4840.
There is a \$5 service fee for non-residents.



Free Drop-In Programs

Needles Club:

Mondays, January 9 - February 27, 2:00 - 4:00 p.m.

Watercolors:

Tuesdays, January 3 - February 28, 10:00 a.m.

World Affairs:

Tuesdays, January 3 - February 28, 1:15 p.m.

Drop In Technology

Tuesdays, January 17 & February 7, 3:30- 4:30 p.m

Mahjong:

Wednesdays, January 4 - February 22, 10:00a.m.

Computer & Technology Group - Zoom

Wednesdays, January 4 - February 22, 10:00 a.m.

To sign-up: LCTG-subscribe@toku.us

Bridge:

Wednesdays, January 4 - February 22, 1:00 p.m.

Cornhole:

Wednesdays, January 4 - February 22, 1:30 p.m.

Canasta:

Thursdays, January 5 - February 23, 11:00 a.m.

Current Events:

Fridays, January 6 - February 24, 1:15 p.m

Movies - Tuesdays at 1:15 p.m.

Where the Crawdads Sing - January 10

Drama Based on the Book, PG-13 (125 min.)

Mrs. Harris Goes to Paris - January 24

Drama Based on the Book, PG (115 min.)

Top Gun Maverick - February 7

Action and Adventure, PG-13 (131 min.)

The Lost City - February 21

Action Comedy, Romantic Comedy, PG-13 (111 min.)



Wellness Clinic

Wednesday, January 11, 9:00 a.m. - Noon

Wednesday, February 15, 9:00 a.m. - Noon

Meet with Wai Chong, registered pharmacist, to check your blood pressure, discuss medication management and learn how to properly use your blood glucose and blood pressure machines. Shingles and Pneumonia vaccines will also be available. **Please Call Wai at 781-698-4847 to schedule your clinic appointment** or to discuss the possibility of a home visit if you are home-bound.

Podiatry Clinic

Monday, January 23, 8:30 - 2:30 p.m.

Monday, February 13, 8:30 - 11:45

Dr. Dan Seligman provides 10-minute appointments for trimming and filing ONLY. \$35 cash or check payable to the doctor. 24 hours notice required for cancellation.
Sign up begins December 14 at 781-698-4840.

Veterans

Lexington/Bedford Veterans Services

The Lexington/Bedford Veterans Services Department provides information regarding federal, state and local resources and benefits for Veterans. **Please call Gina Rada, District Director of Veterans Services at 781-698-4848.**



Lexington Veterans Association

LVA Programs have returned to Cary Memorial Library using a hybrid system. You may attend in person, or by Zoom. If you're on our email list, you will automatically receive an invitation. Not on our list? Please register [here](#). The meetings will start at 12:45 PM for coffee/conversation. Lectures will begin at 1:15.

Monday, January 9, "The Two Battles of Bunker Hill"

Presented by Bob Begin, Naval Historian. We are all familiar with the Battle of Bunker Hill in June of 1775. But another battle occurred in 1945 off the coast of Okinawa when the American aircraft carrier USS Bunker Hill was hit by two Kamikazes and suffered catastrophic damage and loss of life. The heroic action by the remaining crew and the ship's struggle to survive is a tribute to her crew and the Navy.

Monday, February 13, The World's Deadliest Weapon - the Submarine, from "Pigboat" to "Planet Killer"

Presented by Max Mulholland, Annapolis graduate and former decorated Naval officer. The submarine, first introduced as a naval weapons system in the early 1900s, has gone through remarkable developments over the past century. Once reviled and openly ridiculed by senior naval officers who favored gleaming surface ships carrying big guns over the small, slow, and smelly submersibles (mockingly called "pigboats"), the submarine has over the past decades vaulted to the forefront of naval combat firepower and lethality.

Transportation

Understand your Transportation Options

Unsure of your transportation options for work, recreation, medical appointments, or other needs? Give us a call at 781-861-1210 or visit our website at: [Lexingtonma.gov](https://lexingtonma.gov) and click the "Transportation" icon or go direct to: <https://lexingtonma.gov/576/Transportation-Services>

- Services for people who have no mobility issues
- Services for people who need more assistance.
- Free rides to medical appointments
- And more!

Be Safe & Seen

Whether you are out walking, riding a bike or scooter, wheeling in a wheelchair, or waiting for a bus, it is good to be visible at night. If you could use reflective arm/leg bands (that can also loop around a wheelchair or other mobility device) or need lights for your bike or blinking lights to be seen, stop by our office at the Community Center! Just ask for Mel or Susan and we will get you what you need!

Community News

Lexington Recreation and Community Programs



Stay Forever Fit with Personal Trainer, Judy Whitney

Whether your goal is to develop strength, build endurance, improve balance, increase flexibility and agility, reduce stress, we can help you. There are three components to this program: individual assessments, group instruction and working one-to-one with an expert Personal Trainer, skilled in determining the best way to achieve mutually agreed upon goals. Over the past seven years, **The Dana Home Foundation** has generously offered this program to empower their senior citizens to learn how to become stronger, healthier and more physically fit. Classes are Mondays and Wednesdays at 2:15 p.m. One to one sessions will be by appointment only. Register to attend a hybrid informational meeting with Judy Whitney on **January 18 at 2:30 pm at the Community Center or via zoom**. Registration will follow the meeting.



Intergenerational Drums Alive - FREE

made possible by the Dana Home Foundation

Friday, January 20 & February 17, 1:30 - 2:15 p.m.

Drums Alive combines exercise with rhythm and movement in a fun and upbeat setting. Drums Alive uses stability balls to create a unique drumming experience that has been shown to benefit individuals physically, mentally, emotionally, and socially. All abilities welcome.



Line Dance with Paul - \$42

Tuesdays, January 10 - February 14, 1:30 - 2:30 p.m.

Line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. Each dance is broken down first, demonstrated, and then danced to contemporary music that you will enjoy! No need to have a partner, it is something for everyone and no experience is necessary!

Beginner Bridge - \$110

Tuesdays, January 17 - February 21, 6:00 - 7:45 p.m.

Engage your brain - learn to play bridge! You will learn by playing, not lectures, getting all the basics, including how to bid, play, and defend in modern bridge. You'll play this absorbing game with a partner against another pair, so bring a friend (or foursome!) if you can. Singles are welcome and will be paired up in class. Note: This is a beginner class, and it's also open to players who would like a refresher.

Required text is Audrey Grant's Bridge Basics 1.

Register online at LexRecMa.com

Outreach

Free Help Preparing Your Income Taxes - Lexington Taxaide Program



Sponsored by AARP/IRS

Beginning February 15 through April 14, IRS certified Tax-Aide volunteers will be available at the Lexington Community Center. AARP's tax aide program provides its free service, with a focus on taxpayers who are over 50 and have low to moderate income.

IRS certified Tax-Aide volunteers will be available to help prepare and electronically file Federal and State income tax forms.

Appointments are required and may be scheduled beginning January 25 by calling 781-698-4855.

Fuel Assistance for Lexington Residents

If you struggle in the colder months with the cost of heating your home, the Fuel Assistance Program can help. The program is designed for people living on limited incomes who are paying to heat their homes.

If you are interested in applying, review the income limits below to find out if you financially qualify. Human Services staff can assist you with completing an application and submitting it to Community Teamwork, Inc. You will need to provide proof of income and expenses, as well as other documentation. **Please call 781-698-4855 to schedule an appointment and/or to inquire about the program.**

Income Guidelines

Household Size	Maximum Gross Income
1	\$42,411
2	\$55,461
3	\$68,511
4	\$81,561
5	\$94,610
6	\$107,660

Senior Tax Program Guidelines:

- Participants will receive an hourly rate of \$13.50.
- The maximum credit a household may earn is \$1,755 including all with holdings per fiscal year.
- The maximum number of hours per household is 130.

Participation Requirements:

- Applicants must be 60 years of age or older.
- Applicants must own property in Lexington that serves as their principal residence.
- Gross income (including SSI income) must not exceed \$90,000 (2021 tax return) per household (regardless of single or married status)
- Applicant's job skills must match those of an available placement within the municipality.
 - Determination of this may include an interview with the department.
 - Successful match of a participant to a department will determine official acceptance into the program.
 - No participant shall be assigned work that does not match their interests and/or abilities.
- Applicants are subject to a Criminal Offender Records Investigation check.

For more information call Paula at 781-698-4845.

Property Tax Relief for Seniors

If you are a Lexington senior aged 65 or older with a 2021 gross household income of \$90,000 or less, you can postpone paying all or any part of your property tax bill and let the value of your house pay the tax bill later. Fiscal Year 2023 deferrals will enjoy a very low simple interest rate of 1.00%. Each year's deferral is like an individual loan that doesn't have to be paid back during your lifetime or your qualifying spouse's lifetime unless home ownership is transferred or you choose to pay it off. **Call the Assessor's Office at 781-698-4578** for information about Lexington's Property Tax Deferral Program and other local tax programs. The deadline for the applications is April 1, 2023.








Memory Cafe







Wednesday, January 11, 10:30 - 11:30 a.m., Wednesday, February 8, 10:30 - 11:30 a.m.

We welcome your return to our newly revived Memory Café. We hope that caregivers and their loved ones can socialize and share in some meaningful activities. We continue to work with Minutewoman Homecare and new this fall Artis Senior Living will also sponsor this program. This program is part of a growing nationwide movement to provide community-based support, stimulation and education for people and families living with cognitive decline. At each Café, individuals with Alzheimer's or other forms of dementia, along with their caregivers gather.

Please email mkelleher@lexingtonma.gov or drop in to our in-person Memory Café!

This program is for those living with dementia and a caregiver.

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED 	3 10:00 - Watercolors 12:00 - Indian Lunch \$* 1:15 - World Affairs 5:30 - Caregivers	4 10:00 - Mahjongg 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole 2:30 - COA Meeting	5 11:00 - Canasta 1:30 - Alz. Caregiver	6 12:00 - LexCafe \$ * 1:15 - Current Events
9 10:00 - Exp. Art * 12:00 - LexCafe \$ * 2:00 - Needles Club	10 10:00 - Watercolors 1:15 - World Affairs 1:15 - Movie 	11 9:00- Wellness Clinic * 10:00 - Mahjongg 10:30 - Memory Cafe * 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole 7:00 - Initiating Caregiver*	12 11:00 - Canasta	13 12:00 - LexCafe \$ * 1:15 - Current Events 1:00 - Int. Eating Support Group *
16 CLOSED 	17 10:00 - Watercolors 10:30 - John Clark * 12:00 - Indian Lunch \$ 1:15 - World Affairs 3:30 - Drop-In Tech	18 10:00 - Mahjongg 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole	19 9:30 - FCOA Meeting 11:00 - Canasta 12:00 - Chinese NY Lunch/Celebration \$* 1:30 - Alz. Caregiver	20 11:00 - Nutrition Talk * 12:00 - LexCafe \$ * 1:15 - Current Events 1:30 - Drums Alive *
23 8:30 - Podiatry \$ * 12:00 - LexCafe \$ * 2:00 - Needles Club	24 9:30 - One/One Dale * 10:00 - Watercolors 1:00 - Art for Mental Health * 1:15 - World Affairs 1:15 - Movie 	25 10:00 - Mahjongg 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole	26 11:00 - Canasta	27 11:00 - Cooking w/Anastasia * 12:00 - LexCafe \$ *
30 12:00 - LexCafe \$ * 2:00 - Needles Club	31 10:00 - Watercolors 1:00 - Art for Mental Health * 1:15 - World Affairs	 Key Code: Registration Req. * Fee for program \$		

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole 2:30 - COA Meeting	2 11:00 - Canasta 1:00 - Regis Health Wellness * 1:30 - Alz. Caregiver 	3 12:00 - LexCafe \$ * 1:15 - Current Events
6 12:00 - LexCafe \$ * 2:00 - Needles Club	7 10:00 - Watercolors 12:00 - Indian Lunch \$* 1:00 - Art for Mental Health * 1:00 - Dale Tamburo * 1:15 - World Affairs 1:15 - Movie 3:30 - Drop-InTech 5:30 - Caregivers 	8 10:00 - Mahjong 10:30 - Memory Cafe * 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole	9 11:00 - Canasta 1:00 - Regis Health Wellness *	10 12:00 - LexCafe \$ * 1:00 - Int. Eating Support Group * 1:15 - Current Events
13 8:30 - Podiatry \$ * 10:00 - Exp. Art * 12:00 - LexCafe \$ * 2:00 - Needles Club	14 10:00 - Watercolors 12:00 - Italian Lunch \$* 1:15 - World Affairs 	15 9:00- Wellness Clinic * 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole	16 9:30 - FCOA Meeting 11:00 - Canasta 1:00 - Regis Health Wellness * 1:30 - Alz. Caregiver 3:30 - Drop-In Tech	17 11:00 - Nutrition Talk * 12:00 - LexCafe \$ * 1:15 - Current Events 1:30 - Drums Alive *
20 CLOSED 	21 10:00 - Watercolors 12:00 - Indian Lunch \$* 1:15 - World Affairs 1:15 - Movie 	22 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:15 - Girl Scout History * 1:30 - Cornhole	23 11:00 - Canasta 1:00 - Regis Health Wellness *	24 11:00 - Cooking w/Anastasia * 12:00 - LexCafe \$ * 1:15 - Current Events
27 12:00 - LexCafe \$ * 2:00 - Needles Club	28 10:00 - Watercolors 1:15 - World Affairs			Key Code: Registration Req. * Fee for program \$

Lexington Human/Senior Services
Lexington Community Center
39 Marrett Road
Lexington, MA 02421

Deliver to Current Resident



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Partial funding for the distribution of this newsletter is supported by a grant from the Executive Office of Elder Affairs.

Lex Cafe - Senior Dining (age 60 plus)

Lunch: Monday, Wednesday, and Friday, 12 noon. To make a reservation or cancellation please call Despina at 781-325-1613 by 10:00 a.m. the previous day. Weekly menus can be found in the dining room at the Community Center or on-line at Lexingtonma.gov/seniors. Suggested donation is \$2. Menus subject to change. Deluxe meal site is coordinated by Minuteman Senior Services.

Minuteman Senior Services Indian Meal (age 60 plus)

Join us the first and third Tuesday of the month at 12 noon for a vegetarian Indian meal.

Sign-up for January 3 begins December 27 and ends December 30 at 10 a.m.

Sign up for January 17 begins January 9 and ends January 13 at 10 a.m.

Sign up for February 7 begins January 30 and ends February 3 at 10 a.m.

Sign up for February 21 begins February 13 and ends February 17 at 10 a.m.

Food orders are called in the Friday before the lunch - no exceptions.

Suggested donation is \$2. To make a reservation or cancellation please call Despina at 781-325-1613.

Newsletter

The Sage newsletter will be sent out automatically by mail to Lexington residents age 60 and over. For others who wish to receive the newsletter, it can be picked up at Town Offices, Cary Library, or at the Community Center. Please consider helping us "Go Green" and save money on printing and postage by getting your newsletter by e-mail. If you would like to receive the newsletter electronically, please sign up at www.lexingtonma.gov/email

To be removed from the Post Office mailing please email gjefferson@lexingtonma.gov

The Friends of the Council on Aging (FCOA)

Suzanne Caton | Peter Holland, President | Sudhir Jain | Janice Kennedy

Mickey Khazam | Lorain Marquis | Shirley Stolz | Jane Trudeau | Chris Worcester | Emery Wilson

The "Friends" is a non-profit organization that provides advocacy and monetary support for senior programs, trips, special meals, and services. They meet virtually at 9:30 a.m. on the 3rd Thursday of every month. For more information please visit their website at <http://www.friendsoftheco.org>. If you would like to make a donation to the FCOA, you will find donation envelopes at the Community Center. Mail to P.O. Box 344, Lexington, MA 02420.

The Council on Aging Board

Julie Barker | Betty Borghesani | Ellen Cameron, Vice-Chair | Camille Goodwin | Sudhir Jain

Jyotsna Kakullavarapu | Sue Rockwell | Julie Ann Shapiro, Co-Chair | Sandra Shaw

Bonnie Teitleman, Secretary | John Zhao, Co-Chair

The COA Board meets monthly. The next meetings are **January 4 & February 1 from 2:30 - 4:00 p.m.**

Working in collaboration with Human Services staff, the COA advocates for Lexington seniors and advises the Town Manager on policy issues. The COA Board invites you to attend.

Your Public Officials

Jill Hai, Chair | Douglas M. Lucente, Vice-Chair | Joseph N. Pato | Suzanne E. Barry | Mark Sandeen

The Select Board members have office hours by appointment only.

Reach the Select Board's Office by phone at 781-698-4580